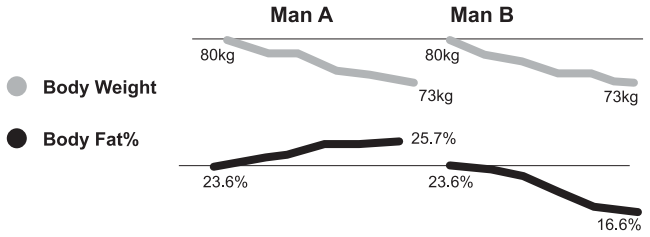
Why measure Body Fat and Water?

Obesity is the excess accumulation of fat in the body. Ordinary weighing scales will show if a person is heavy, but not if they are obese. For example, a heavy sportsperson probably has a higher proportion of muscle to fat in their body and is not obese. To judge obesity, the amount of body fat needs to be measured.

Losing weight can make you fatter! Men A & B in the chart below, were the same height and had the same body fat percentage when they started to diet on a health programme. Each lost a total of 7 kilograms. Although the results appear identical, Man A simply cut the number of calories he ate. He lost weight, but his body fat percentage increased - he is actually "fatter". Man B combined cutting calories with an exercise program. He lost the same amount of weight as Man A but more importantly, his body fat dropped.



Proper hydration is essential for maintaining a healthy body and a good level of energy and concentration. It is commonly accepted that if you feel thirsty, your body is already mildly dehydrated and you need to drink some fluid, preferably water. Monitoring your body water percentage helps you maintain a good level of hydration.

About Body Fat, Water, Muscle and Bone Mass Measurement

The Simply Bathroom Body Analysing Scale measures body fat, water, muscle and bone content using Bioelectrical Impedance Analysis (BIA). In simple terms, a low electrical impulse (which cannot be felt) is sent through the body. It passes easier through fluids in muscle tissue & blood than through fat tissue, which has a higher electrical resistance. Using a formula and the information on your gender, height, age and your calculated weight, the scale is able to compute your body fat, water, muscle and bone mass content.

As shown in the accompanying tables, the percentage of body fat in the body can vary dramatically depending on gender & age.

The bone mass reading is an estimate of the calcium content in the bones. It is not a precise medical figure and is only meant to give an indication of bone mass.

Using a Body Analysing scale

To get the most accurate readings, please take into account the following points:

- Take measurements more than 3 hours after waking up in the morning. During sleep in the prostrate position, water distribution changes in the body, so that electrical resistance in the arms & legs increases. Some movement is required after waking up to give a stable water distribution in the body.
- Take measurements more than 3 hours after a meal. It takes 2 to 3 hours for a meal to be digested and distributed in the body.
- Excessive drinking and eating causes the amount of water in the body to increase above the normal level, so take measurements more than 24 hours later.
- Excessive drinking of alcohol or excessive exercise will cause dehydration, so also take measurements more than 24 hours later.
- If the flesh of the legs touch together, a short circuit could result, so the user needs to put some thin form of insulation between the legs to make sure the current goes right up the legs & into the body.
- With the Scale being used by many different people, it is advisable to wipe the foot pads clean with methylated spirits between each user.

In general, it is best to measure your body fat and water percentage in the evening, preferably wearing only underwear, and without having partaken of excessive eating & drinking, alcohol consumption and exercise beforehand. Ensure that you make repeated measurements under the same conditions.

REFERENCE TABLE

Body Fat %

Female	Under Weight	Healthy	Over Weight	Obese	Male	Under Weight	Healthy	Over Weight	Obese
AGE					AGE				
12 - 20	< 18	18 - 28	28 - 33	> 33	12 - 20	< 15	15 - 21	21 - 26	> 26
21 - 42	< 20	20 - 30	30 - 35	> 35	21 - 42	< 17	17 - 23	23 - 28	> 28
43 - 65	< 21	21 - 31	31 - 36	> 36	43 - 65	< 18	18 - 24	24 - 29	> 29
66 - 100	< 22	22 - 32	32 - 37	> 37	66 - 100	< 19	19 - 25	25 - 30	> 30

Body Water %

AGE	Female	Male	Corresponding Hydration Level	
< 30	66.0 - 59.9	66.0 - 60.5	Optimal Hydration	Weight scope of hydration: 37.8 - 66.0% Hydration rate degraduation: 0.1%
	59.8 - 56.4	60.4 - 57.1	Slight Hydration	
	56.3 - 53.0	57.0 - 53.6	Moderate Hydration	
	52.9 - 48.6	53.5 - 50.2	Dehydration	
	48.5 - 37.8	50.1 - 37.8	Severe Dehydration	
> 30	66.0 - 55.0	66.0 - 59.1	Optimal Hydration	
	54.9 - 51.6	59.0 - 55.7	Slight Hydration	
	51.5 - 48.1	55.6 - 52.3	Moderate Hydration	
	48.0 - 44.7	52.2 - 48.8	Dehydration	
	44.6 - 37.8	48.7 - 37.8	Severe Dehydration	

Muscle %

Female	Male	
> 34%	> 40%	Moderate

Bone mass

Female	Body Weight	Bone Weight	Male	Body Weight	Bone Weight
	Below 45kg	> 1.8kg		Below 60kg	> 2.5kg
	45 - 60kg	> 2.2kg		60 - 75kg	> 2.9kg
	Over 60kg	> 2.5kg		Over 75kg	> 3.2kg

Note:

The data tabled were gained by sampling and are only for reference.
If you have any questions about your health, please consult your doctor.

** The recommended daily calorie consumption is for maintaining current body composition only. It is not a recommendation of calories required to lose or gain weight, as this will vary with how much weight you want to lose or gain and your exercise level.*

1 kilocalorie = 4.19 kilojoules; 1 kilojoule = 0.24 kilocalories

Warning: Do not use this product if you have a pace maker or other internal electronic devices. Artificial joints may contribute to a skewed reading but the scale can still be safely used.

Using the scale whilst pregnant: Whilst there is no known, documented health risk, we would advise pregnant women to use the body analysis scale for weighing only and use the full range of body analysis functions after delivery of the baby

The Warranty

This scale has been checked for accuracy prior to leaving the factory and has a warranty against any defect in either workmanship or materials for a period of one year.

If you wish to claim under this warranty, please return the scale to the store from which you purchased it, together with your PROOF OF PURCHASE.

Made in China

Simply Bathroom™

BODY ANALYSING SCALE

Operating Instructions

Model Number 4528

After Sales Support

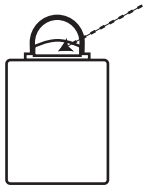
TEL: 1300 470 038

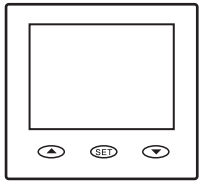
OPERATING INSTRUCTIONS

It is advisable to read through the Instructions first before attempting to operate the Scale. Bypassing certain procedures may give incorrect readings.

PREPARING YOUR SCALE

1. Before attempting to use your Body Analysing Scale, remove all packaging.
2. Then open the battery compartment cover on the base of the scale. Do this by lifting the tab with your finger or thumb. Then insert the single Lithium battery (CR2032) found in the plastic bag. Ensure the battery is placed with the positive (+) side facing up. Replace the compartment cover.
3. Ensure you remove shoes, socks or stockings before using the scale as this may affect body analysis readings.





FEATURES

SET — Power on for a body analysis reading, menu select, confirm

▲ — Scroll up, change unit measure

▼ — Scroll down, change unit measure

OPERATING MODES

The Simply Bathroom Body Analysing Scale has 2 operating modes for -

- **Weighing only** and...
- **Weighing to compute your Body Fat, Water and Muscle and Bone weight. A recommended calorie intake to *maintain* your computed body composition will also be displayed.**
  *(*Personal data must be set for this function. This scale is able to store data including gender, height and age for 10 people).*

Weighing Only

1. Place the Scale on a hard and even surface. Use on carpet or uneven surfaces may cause inaccuracies.
2. To turn the scale on *for weighing only*, **tap on the scale platform with your foot.**
3. The scale briefly displays '8888' before it 'zeroes' indicating it is in weighing mode and ready for use.

4. At this point, you may change the unit measure (kilograms, stones pounds or pounds) by pressing the unit measure button found under the scale. Then turn the scale the right way up.

5. Gently step onto the scale. When standing on your scale, make sure your feet are placed evenly, your weight is distributed evenly between your feet, and you stand perfectly still. Movement, leaning backward or forward or not standing evenly on your scale, will affect the accuracy of the weight displayed.
6. Your weight value will be shown on the display
7. If left idle, the scale automatically turns off

Entering personal data

(the digits P0 - P9 represent each of 10 users).

1. Turn the scale on by pressing the 'SET' button
2. Press either of the arrow buttons to select a number of your choice (from P0 - P9).
3. The digits P0 - P9 represent each of 10 users. Remember this number for future reference. You might want 'P0' for yourself, your partner might like 'P1', your son 'P2', daughter 'P3' and so forth. Press the 'SET' button to 'lock' it in
4. A gender symbol flashes. Press either of the arrow buttons to make your selection, then press the 'SET' button to 'lock' it in.
5. The number for years flash. Press either of the arrow buttons to scroll up or down to enter your age, then press the 'SET' button to 'lock' it in
6. Height measurements then flash. Press either of the arrow buttons to scroll up or down to enter your height, then press the 'SET' button to 'lock' it in. (If 'kg' was chosen as the measurement unit, then your height will be shown in terms of 'cm'. If 'stone pounds' or just 'pounds' were chosen, then height would display in feet and inches).
7. The programming of personal data is now completed. The scale shows 4 dotted lines, then 'zeroes', indicating it is ready for use. You may step on it for a body analysis reading...or
8. ..You may continue to enter data for another user or modify data by repeating Steps 1-7. Remember that each other person will have a different identifying user number.

OVERLOADING

If the scale is overloaded (over 150kg / 24st / 330lb), 'Err' appears on the display. Remove the weight immediately or damage to the scale may occur.

ERROR INDICATION

'Err2' indicates that body analysis has been unsuccessful (step off and start process again), or quite often, that body fat content is less than 5% or more than 50%.

LOW BATTERY INDICATOR

When 'LO' displays on the screen, the battery must be replaced. Remember, always use a fresh, good quality lithium battery.

WARNING ABOUT BATTERIES

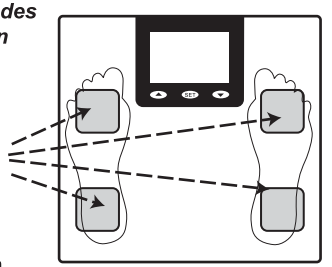
- KEEP OUT OF REACH OF CHILDREN.
- Batteries are harmful if swallowed.
- Remove batteries from the battery compartment when not in use.
- Never throw batteries in a fire or attempt to open up their outer casing.
- Dispose of old batteries responsibly.

SPECIFICATIONS

Capacity - 150kg / 24st / 330lb
Weight graduation - 0.1kg / 1/4lb / 0.2lb
Body Fat percentage range 5 - 50%; Graduation 0.1%
Water percentage range 20 - 70%; Graduation 0.1%
Muscle range 15 - 75%; Graduation 0.1%
Bone weight range 1 - 11.7kg / 2.2 - 25.8lb
Age range 10 - 80 years
Height range 100 - 220cm / 3'3"- 7'2"; Graduation 1cm / 1"
Calorie range 500 - 5000
Battery - 1 x CR2032 battery (included)

Weighing to compute your Body Fat, Water, Muscle and Bone content

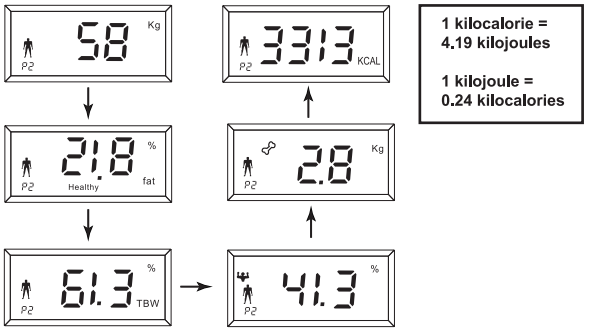
1. Turn the scale on by pressing the 'SET' button
2. Press either of the arrow buttons to find the number you chose as your personal user number. *This must be done when the personal user number at the bottom left corner of the screen flashes. There is no need to press 'Set' once you have located the number.*
3. Wait until the scale shows 'zero' indicating it is ready for use.
4. Gently step onto the scale. ***Note that your bare feet MUST be placed on the electrodes (metallic squares) for an effective reading.***



These electrodes allow a very low electrical impulse (which cannot be felt) to pass through the body. The scale applies Bioelectrical Impedance Analysis (BIA) to compute the measurements.
Your weight is then shown.

5. Continue to stand still. The scale will flash 4 x '0' while computation is taking place.

6. Your body fat, water, muscle percentages and bone weight will appear on the screen, followed by the recommended daily calorie intake to maintain this body make up. This will be displayed 3 times sequentially.



7. The scale automatically turns off after that.

LAST RESULT RECALL FUNCTION

After measuring weight, fat, water, muscle, bone and kilocalories, the scale automatically stores the data into memory

1. To view these results, turn the scale on and select your personal user number (No need to press 'SET' after that). The scale will display your last recorded measurements.
2. The scale then 'zeroes' ready for use again.
3. When you measure yourself again, the scale will record the new results and this will replace the old data.